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Longtime activist Nick Ternette dies

Heart and soul.

Winnipeggers of all political stripes mourn loss of a 'champion'

Community

"We've lost an incredibly important leader. Nick was really a part of the heart and soul of this city."
Dennis Lewycky

A symbol of citizen participation, a part of the heart and soul of Winnipeg and a champion is how longtime activist Nick Ternette was remembered Monday.

Ternette, 68, passed away early Monday morning while in the palliative unit of a local hospital.

David Northcott, executive director of Winnipeg Harvest, said he saw Ternette, who was a regular volunteer at the food bank, on Sunday.

"Here's a champion that told it like it was," said Northcott, referring to Ternette's ability to articulate problems and solutions.

Dennis Lewycky, executive director of the Social Planning Council of Winnipeg, called Ternette a "diligent supporter" of the council's social-justice campaigns and said the council also supported Ternette in many of the causes he espoused.

Lewycky said even people who disagreed politically with Ternette "admired his tenacity."

In a press release, Brian Pallister, leader of the Manitoba Progressive Conservative Party, said Ternette "often fought for those who could not fight for themselves. We have lost a true champion in the battle for a better Manitoba."

Ternette, who was born in Germany in 1945 and moved to Canada when he was 10, was a left-wing activist and championed numerous social causes.

He ran for mayor of Winnipeg five times, never winning.

In 2009, Ternette lost both of his legs and his teeth due to a bacterial infection, but continued his activism from his wheelchair.

"It didn't stop him," said Lewycky.

BERNICE PONTANILLA/METRO

Nick Ternette at Winnipeg Harvest in December of 2010, where he frequently volunteered. WINNIPEG HARVEST

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Chez Sophie.
Oui, oui, oui, all the way to the Red

Chez Sophie Bistro is now chez Esplanade Riel.

A Winnipeg city committee made it official on Monday, giving its blessing to a lease agreement between the city and Chez Sophie to operate in the restaurant space on the Esplanade Riel bridge for the next five years, starting April 1.

Members of the downtown development committee voted unanimously in favour of the French bistro taking up residence on the iconic bridge and since this committee has the authority to finalize the deal, it doesn't have to go to a city council vote, said Barry Thorgrimson, the city's director of planning, property and development.

Chez Sophie Bistro has operated in its current north St. Boniface location for about eight years and its owners moved to Winnipeg from Alsace, France, in 2005.

Stéphane Wild, one of the owners, told Radio-Canada Manitoba reporters that he plans to operate year-round and in the first year will host and cater events, all in an attempt to find a winning recipe for success.

Wild also said he would share more of his plans with the media on Tuesday.

A city report made public last week stated Chez Sophie will invest $150,000 to $200,000 to renovate, furnish and equip the 4,000-square-foot restaurant.

Taking into account these improvements, the city will not charge rent during the first year of the lease, with a $2,000 a month lease payment starting on April 1, 2014.

BERNICE PONTANILLA/METRO

Police at the scene of the accidental shooting near Portage and Main on Sunday evening. SHANNON VAN RAES/METRO

Criminal masterminds.
Three arrested after firing gun into own car door

Police arrested three people Sunday night after a shooting near Portage and Main.

Police said two men were allegedly dealing drugs to a third man in the Garden City area when the third man whipped out a sawed-off shotgun. The two men then whipped out a fake gun of their own, prompting the third man to drop his gun and run away.

The two then drove to Portage and Main and picked up an associate on the way. Parked across the street from Dominion News, the group started playing with the sawed-off shotgun and accidentally fired it into their car door. This brought the police.

Police searched the car and found cash, pot, a fake gun and the sawed-off shotgun.

The three adult males in the car are in custody facing numerous charges. METRO

Winter takes its – hopefully – final gasps

Alberta clipper.
Western storm dumping snow on the prairies

SHANE GIBSON
shane.gibson@metronews.ca

Much of Manitoba — including the City of Winnipeg — was under a snowfall warning Monday and into Tuesday as an Alberta clipper makes its way over the province, with drivers being warned to be careful on roads and highways.

"It's a pretty significant clipper," said Natalie Hasell, a warning preparedness meteorologist with Environment Canada. "Looking at the Red River Valley and Winnipeg we can see… that snow is heavy at times and we have a forecast of winds for Winnipeg at 30 gusting to 50 km per hour."

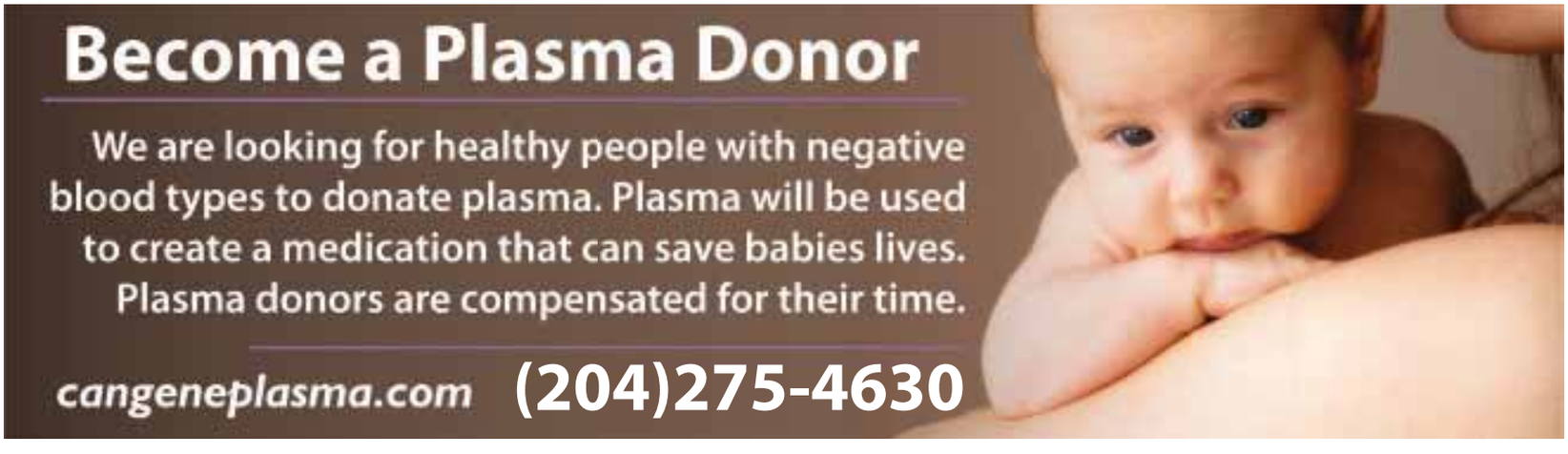
Hasell said winds were even stronger a little west of Winnipeg, where sustained winds were reported at 41 gusting more than 50 km/h around Portage la Prairie and Brandon Monday morning.

"Visibility is frequently less than a kilometre," said Hasell, warning motorists to avoid highways if possible, and drive to conditions if travel is necessary. "I'd be really careful on the highway, and it's my understanding that they've already closed a couple highways due to motor vehicle collisions."

Hasell said the city woke up to 5 cm of the white stuff Monday morning, and the snowfall warning was expected to continue until Tuesday, with 15 cm forecasted to have fallen by the time flurries end Tuesday afternoon.

Another clipper is forecasted to hit Winnipeg Thursday, but Hasell said the system isn't expected to bring as much snow as the city saw Monday.

Wintec Building Service's Chris Hay blows the snow away from a building near Portage and Main, Monday morning. SHANE GIBSON/METRO



Israel on alert after locust invasion ahead of Passover

Mideast. Modest swarm stirs fears of agricultural losses

A swarm of locusts crossed into Israel from neighbouring Egypt Monday, raising fears that Israel could be hit with a biblical plague ahead of the Passover holiday.

Israel sent out planes to spray pesticides over agricultural fields to prevent damage by the small swarm, which numbers about 2,000 locusts, said Dafna Yurista, a spokeswoman for the Agriculture Ministry. The ministry also set up an emergency hotline and asked Israelis to be vigilant in reporting locust sightings.

All this comes ahead of the weeklong Passover festival, which recounts the biblical story of the Israelite exodus from Egypt. According to the Bible, a huge swarm of locusts was the eighth of 10 plagues God imposed on Egyptians to persuade Pharaoh to free the ancient Hebrews from slavery. Pharaoh did not agree to let them go until after the 10th plague, the death of the firstborn in every Egyptian family.

Passover begins March 25.

Locusts are known to move with the wind, and the swarm was swept eastwards from Egypt, said Amir Ayali, who heads Tel Aviv University's zoology department, on Channel 10 TV.

THE ASSOCIATED PRESS

Quoted

"(The locusts) may not have ruined Pharaoh, but they could ruin us."

Farmer Tzachi Rimon to Israel's Channel 10 TV, fearing a potential onslaught of the pests. Locusts can have a devastating effect on agriculture by quickly stripping crops.

Paws off the gun

Ivan, a three-year-old police dog, takes an aggressive stance under the control of his handler, Lt. John Pickles, outside the Essex County Correctional Facility in Middleton, Mass., Monday. Police say Ivan was searching for a gun in a snowbank and accidentally pulled the trigger with his paw, firing the weapon. No humans, or dogs, were hurt.

ELISE AMENDOLA/THE ASSOCIATED PRESS

England

Holy handcuffs! 'Batman' turns in alleged thief

A man dressed as Batman has brought a suspected burglar into a police station in northern England.

West Yorkshire Police said Monday that they do not know the identity of the man who appeared in "a full Batman outfit" and turned in a 27-year-old suspect to police in Bradford.

CCTV images released by police show a caped crusader — fully clad with the comic hero's boots, gloves and logo across his chest — standing alongside a man in a red-hooded sweatshirt.

Police said the handover occurred on Feb. 25 and the suspect will appear in court on March 8 charged with handling stolen goods and fraud-related offences.

THE ASSOCIATED PRESS

Unhappy hour

U.S. to UN: No boozers at the negotiating table

The United States thinks the United Nations has a drinking problem.

Ambassador Joseph M. Torsella, who represents the U.S. on the UN's budget committee, said in remarks Monday that the tense process of negotiating the world body's annual budget is made more complicated by diplomats who turn up drunk.

The UN budget is finalized in December, when holiday parties apparently lead to some revelry spilling over into budget negotiations.

Torsella said the U.S. is making "the modest proposal that the negotiating rooms should in future be an inebriation-free zone."

THE ASSOCIATED PRESS

Mortgages. Interest rates are expected to head south

Despite ongoing concerns about high levels of debt, analysts say interest rates in Canada are going nowhere except perhaps down — as demonstrated by one major bank's decision to shave the rate it charges for five-year mortgages.

The Bank of Montreal has dropped its posted five-year fixed mortgage rate by 0.10 points to 2.99 per cent in an effort to attract new borrowers ahead of the important spring real estate market.

Other banks may follow suit, although analysts note that many borrowers have been able to negotiate a 2.99 rate or lower even when the posted rate among major Canadian banks was at 3.09 per cent

The concern is that with teaser mortgage rates like the one announced Sunday by BMO, Canadians will continue to invest in real estate and push home prices up, with potentially dire consequences for the economy and homeowners.

In a statement, Finance Minister Jim Flaherty said he has taken several steps — including reducing the maximum amortization period to 25 years from 30 in July — to discourage marginal buyers from being lured into taking on a bigger mortgage than they can afford over the lifetime of the loan.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.30¢ (-0.06¢)

Natural gas: $3.54 (+8¢)
Dow Jones: 14,127.82 (+38.16)

TSX 12,707.41 (-65.71)

OIL $90.12 US (-$0.56)

GOLD $1,572.40 US (+10¢)

Signs of the times: Target opens its doors

Surprise! U.S. discount giant Target has fast-tracked the opening of three southern Ontario stores, meaning the retailer's much-anticipated arrival in Canada gets underway in earnest Tuesday morning. The three debut locations are in the communities of Guelph, Fergus and Milton, all west of Toronto. What does Canadian Tire think of Target's appearance north of the border? These signs, in the parking lot of the new Target store in Guelph, give a hint. "We've never publicly said 'This is our grand opening date' ... because we wanted flexibility to make sure we open when we are ready," said Target Canada president Tony Fisher on Monday. Overall, Target is expected to open between 125 and 135 locations in Canada. Another 21 stores will open this month throughout Ontario, and then Target will begin moving into provinces in the West and eventually into Quebec. None of those opening dates have been announced. DAVE CHIDLEY/THE CANADIAN PRESS

Energy drink debate

Monster says there's no proof 'caffeine toxicity' killed teen

Monster Beverage is hitting back at a U.S. lawsuit alleging its energy drinks were responsible for the death of a 14-year-old girl, saying that no blood test was performed to confirm that the girl died of "caffeine toxicity."

The disclosures come amid intensifying scrutiny of energy drinks and their caffeine levels.

The suit filed last year by the family of Anais Fournier said the girl went into cardiac arrest after drinking two 680-gram cans of Monster drinks in a 24-hour period.

The U.S. Food and Drug Administration has also said it is investigating reports of deaths linked to energy drinks, including five that cite Monster beverages. The agency notes that the reports don't prove the drinks caused the deaths.

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SHE SAYS

Jessica Napier
metronews.ca

The childhood adage that "my body's no body's body but mine" doesn't exactly hold up in a culture obsessed with judging other people's physical appearance. It seems our private bodies — and women's especially — have become a public commodity to be consumed, discussed and evaluated.

Much of the discussion around the recent Academy Awards broadcast focused on physical bodies rather than bodies of work. Host Seth MacFarlane dedicated an entire song-and-dance routine to breasts and then went on to praise the female celebrities in attendance for "contracting the flu" (i.e. starving themselves) in order to whittle their waistlines before the ceremony. Best supporting actress winner Anne Hathaway received much more attention for her nipples than her on-stage performance during the Les Miserables number. Similarly, in 2012 Angelina Jolie's right leg dominated the red-carpet conversation on screen and online; one year later there are still over 10 different Twitter accounts dedicated to her exposed limb, although the original @AngiesRightLeg account has since been shut down.

Lena Dunham, the creator and star of HBO series Girls, has been applauded and criticized for deliberately exposing her naked and normal-looking (gasp!) body in almost every episode of her hit TV show. Her unapologetically average flesh — Dunham actually happens to have some weight on her stomach, butt and thighs as opposed to 99 percent of the other women in Hollywood — takes centre stage in much of the discussion surrounding the show. Ballsy writing and generationally-poignant plot lines be damned, let's talk about her stomach rolls!

Of course, it's not just celebrities who are subjected to this form of superficial scrutiny; the media has a tendency to reduce public figures to, well, figures.

News stories about Michelle Obama spotlight her wardrobe choices, sculpted arms and recent haircut (bangs!), while Justin Trudeau's voluminous hair has even managed to secure its own Twitter account with over 1,000 followers.

There's no doubt that other people's bodies are fascinating, but it's scary to think that lustrous locks might help an ambitious politician become the next prime minister.

Twitter parody accounts that give individual limbs their own online personality might provide some cheap LOLs, but this relentless objectification of body parts demonstrates just how lazy our generation of smartphone-wielding armchair critics has become.

Sadly, it's just so much easier for us to admire Trudeau for his hair than educate ourselves on his policies or to gawk at Dunham's exposed butt than consider the implications of the sexual politics at work on her show.

When we focus our attention on a person's body — what it should look like and how much of it we want to see — we're not only ignoring more significant conversations, we're elevating the importance of the body and undermining the true value of the individual.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Earth's cut is the deepest

CONTRIBUTED

Scientists probe our planet

Scientists are boldly going deep, deep underground to study the movement of carbon kilometres below the Earth's surface. Early results from the historic 10-year, $500-million research project outline strange new worlds right out of science fiction: colonies of microbes millions of years old, hydrogen-eating life forms and natural gas seeping from chemical processes within the bedrock itself.

The discovery of vast reserves of buried carbon may suggest solutions to the climate-change crisis on the surface. And the Earth's deepest recesses also suggest how life might behave on other planets.

THE CANADIAN PRESS

It's volcanoes that spit it back

What Deep Carbon has found — so far — is that unimaginably huge amounts of buried carbon have been involved in an intricate and stately dance with life since almost the beginning of the planet.

As long as 3.8 billion years ago, biological processes were breaking down the young Earth's relatively uniform rock, concentrating their carbon and forming different rock types.

The slow drift of continental plates drives carbon-rich rocks from the surface deep underground. Eventually, that carbon comes back as erupting volcanoes belch carbon dioxide, linking the processes of the surface to underground. THE CANADIAN PRESS

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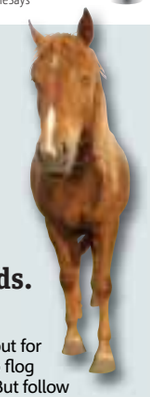

From Timon and Pumbaa to Kung Fu Panda, there is nothing like a talking animal. These top animal Twitter accounts keep you updated on the latest from your furry or feathery friends.

@horse_ebooks
"I adore key limes and am always on the lookout for new ways" Inexplicably, this spambot set up to flog e-books has acquired over 150,000 followers. But follow and you'll see why — his/her zen-like tweets confuse and delight, even if they tend to cut off halfway for no reason.

@contrastamanda
"I just squirted 12.3 kgs of milk out of my teats in 5:44 minutes. What did you do today?" Amanda, a real-life Ontario cow, was hooked up to Twitter by her farm in 2010. Sadly, no moos have come from Amanda recently. We hope she hasn't gone to the giant steakhouse in the sky.

@50ShadesChicken
"It's not food porn till you get out the twine." Parody accounts on Twitter are a curious mixture of pain and pleasure, but this account for a best-selling poultry parody cookbook has even managed to entice users who haven't heard of the notorious E.L. James novel.

Twitter

@metropicks: See these city-living "penalty cards"? http://ow.ly/iblbu What sidewalk behaviour annoys *you* most? Tell Metro!

@Dragoniser: @metropicks Idiots on there cell phones not watching where they are walking.

@goodnighthush: @metropicks on rainy days when people walk under awnings with their open umbrellas not moving or adjusting for those without one.

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The 50 Shapes Workout

Fitness. A new workout promises to get you toned and flexible enough to reenact the tricky sex positions in the Fifty Shades trilogy. Creator Kristen James explains how self-love, strength and stamina equals great sex

ROMINA McGUINNESS
romina.mcguinness@metro.lu

You don't say no to this personal trainer. THINKSTOCK

Throughout the Fifty Shades trilogy, the main protagonists, Anastasia Steele and Christian Grey have "ridiculous, off the hook sex" every other day, Kristen James, the fitness trainer behind the 50 Shapes Workout tells Metro.

"I kept hearing women say, 'Who has the stamina or the flexibility for that kind of sex?'

"Anastasia wasn't just on her back. She was contorted all over the place."

But that's fiction. According to James, women are exhausted. "They don't have enough stamina in the bedroom."

James wanted her workout to help women look and feel better. "You should never have to turn the lights off during sex. I want them to develop the strength and confidence to reenact the crazy positions described in the books."

IN FOCUS: THE 50 SHAPES WORKOUT

The Pilates based exercises are designed to help you execute moves from the book. "The better you feel about your physical appearance, the more empowered and able you are to pleasure yourself and your partner," says James. "Over time, the workout will create long, limber muscles and help you bend over in a pair of really high heels."

Here's what it will help you achieve:

A strong core

With age, women tend to hold body fat around the midsection. The stomach area is what women dread the most, explains James, but doing moves that work your core will tighten things up. "A man likes to grab on to a nice cushy bum. Not a flabby tummy. Develop your core strength here (abs, obliques, lower back) and everything becomes much easier to execute," she adds.

Your abs will be on fire by the time you're done with the workout.

A taut pelvic floor

Kegel exercises will intensify your orgasms, says James. "After childbirth, the muscle is all stretched out and women may become a little less sensitive. Your pelvic floor is a muscle. If you strengthen it by doing Kegels, it will get so tight and taut so that when you do reach climax — sensations will be 10 times more powerful."

Get started by doing three sets of 10 James' Seductive Squats a day.

Toned legs & bum

Doing the Lusty Lunges will target the little pockets of cellulite that tend to appear on the side of the thighs. The Bend Over Better move will tighten your glutes. Stick to the workout for 30 minutes, three times a week for "a better, bolder sex life."

To purchase the 50 Shapes Workout, go to kristenjamesfitness.com.

Night moves

James says she incorporated more flexibility training and core strength into common exercise routines. "All you need is a mat and chair. And a bed for later."

Seductive Squats

Stand with your feet wider than hip width apart and turn your toes out 45 degrees. With a neutral spine, elevate up onto your toes and lower your hips down to knee height. As you return up, perform one Kegel contraction.

Bend Over Better

Stand with your feet hip width apart, toes facing forward. Soften your knees. With your back flat, extend forward touching your toes. As you rise, elevate up onto your toes and extend your arms overhead.

Lusty Lunges

Stand with your feet wider than hip width apart and your toes facing forward. Lunge to the side deeply into one leg being sure to sit back into your glutes as you descend. Reach for your toe with the opposite hand as your other arm reaches overhead allowing for some rotation to your spine.

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Why you need to check in with your doc

Annuals. Here's what your physician is looking for when you go in for your physical

DR. MARK MELROSE
Metro World News

An annual physical by your primary care physician is meant to provide a baseline window on what is normal for you and detect abnormal conditions or disease states that may not present any symptoms before causing you harm. Here's what we're looking at when you see us:

Vital signs
These are a basic dashboard measure of how hard your body is working and include: temperature (normal is 98.6 F); pulse (60 to 100 per minute); blood pressure (120/80); respiratory rate (10 to 16 breaths per minute); oxygen saturation (how much oxygen is dissolved in your blood, which should be 96 to 100 per cent). Fever, dehydration, anemia, or disturbances in your metabolism or the circulatory or respiratory systems can influence any or all of these parameters and give an indication of your overall well-being.

CBC (complete blood count)
This is a measure of the number and type of cells in the blood. Red blood cells carry oxygen and require sufficient dietary iron for normal levels. Too few red blood cells result in anemia, causing a lack of energy and fatigue, or in severe cases, headaches, fainting or breathlessness. White blood cells help to fight infection and if elevated indicate infection or inflammation somewhere in your body. Very high WBC levels can be an indication of leukemia, a form of blood cancer. Platelets are the components of your blood that initiate normal clotting and can result in bleeding if too low, or harmful blood clots if too high.

Checking basic vital signs are an important part of any check up. ISTOCK

Urine analysis
This office test looks for evidence of too much sugar, acid, protein and red or white blood cells in the urine. Abnormal findings may be a sign of diabetes, kidney stones and kidney inflammation or infection.

Thyroid hormones
The thyroid gland is the body's master thermostat and controls your overall rate of metabolism. Too much and you may be hot, experience heart palpitations and have a tremor. Too little and you may be sluggish, gain weight and feel cold.

Cholesterol
This is needed to build healthy cell membranes in every part of the body. Too much cholesterol causes premature hardening of the arteries, which can lead to cardiovascular disease or strokes. Too little and your body will fall apart, literally!

Chest X-ray
This can find abnormal nodules that may suggest cancer, an enlarged heart or evidence of infectious disease or inflammatory conditions.

EKG (electrocardiogram)
This looks at the electrical activity of the heart and can detect abnormalities in rhythm and heart size or show evidence of strain or injury as a warning sign or evidence of a heart attack.

Breast, rectal, testicular or pelvic exams
These exams, though briefly uncomfortable, are designed to find signs of cancer and may actually save your life if suspicious findings are discovered early, before you have other, more obvious symptoms.

MARK MELROSE, DO, IS A BOARD-CERTIFIED EMERGENCY PHYSICIAN AT URGENT CARE MANHATTAN.

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Stuff salmon to perfection with olives and tomatoes

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This olive and sun-dried tomato mixture is incredible with salmon, but it also goes well with halibut or sea bass.

If you don't have both types of olives on hand, remember that green have a more intense flavour and black are milder. If you like, add some thinly sliced olives as a garnish.

Ingredients

- 3 tbsp chopped black olives
- 3 tbsp chopped green olives
- 3 tbsp chopped rehydrated sun-dried tomatoes
- 2 tbsp seasoned breadcrumbs
- 2 tsp olive oil
- 1 tsp crushed fresh garlic
- 1 tsp Dijon mustard
- Four 4-oz skinless salmon fillets
- 3 tbsp chopped fresh parsley

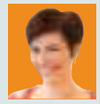
1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Finely chop the olives, sun-dried tomatoes, breadcrumbs, oil, garlic and mustard, either by hand or using a small food processor.

3. Make a 1/4-inch vertical slit through the top of each salmon fillet to within 1/4 inch of each end. Divide filling and stuff the fish. Bake in centre of the oven 10 minutes per inch of thickness. Garnish with fresh parsley. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Caviar of the people



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Caviar is an exclusive delicacy of fish eggs from sturgeon fish but there are other fish roes equally high in taste, vitamin B12, fat soluble vitamins including the nutrient du moment, vitamin D.

Culinary cultures from all over the world have made use of the roe from more plentiful cod, lumpfish and mullet. Search in French, Italian, Greek or Asian communities for the best selection.

- Poutargue is a Marseille, France specialty making use of the entire mullet fish egg sac which is salted, pressed and cured just like an Italian Prosciutto. It is meant as a thinly sliced garnish and is outstanding.

- Taramasalata is the Greek dip made from mashed potato, cod roe, olive oil and lemon juice.

- Lumpfish roe is the larger orange eggs found on sushi. Its bright orange colour and very salty pop add dimensions of flavour.

Fish eggs are highly salted and naturally high in cholesterol, but they are most often only enjoyed in small amounts as garnish. Go ahead, dine like the kings. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Asian Steamed Clams with Broccoli Rabe

1. In saucepan, heat oil over medium high. Add ginger, scallions and garlic and sauté 1 minute. Add chili sauce, white wine, chicken broth and clams. Cover tightly and cook until clams start to open. As they open, transfer clams to bowl. It will take 10 minutes for all clams to open. Discard any clams that do not open.

2. Keep saucepan over medium heat. Return clams and any liquid in bowl to pan. Add broccoli rabe, then cook just until heated through. Add sesame oil and stir well. Divide clams and broccoli rabe, along with the cooking liquid, between 4 shallow soup bowls. Serve each bowl with a few slices of toasted bread and a soup spoon. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp vegetable oil
- 1 tbsp grated or finely chopped fresh ginger
- 1/2 cup finely chopped scallions (white and green parts)
- 3 large cloves garlic, minced
- 1 tsp Chinese chili sauce
- 1/2 cup dry white wine
- 1/2 cup low-sodium chicken broth
- 3 dozen littleneck clams, scrubbed well
- 3 cups blanched and coarsely chopped broccoli rabe
- 1/2 tsp sesame oil
- 8 thick slices country-style bread, toasted

Noodles and noodles of yum

The noodles in this Shrimp and Shiitake Noodle Stir-Fry are a fun and approachable dish for a busy weeknight.

Asian markets are jammed with many different noodle varieties. This is a thick noodle, but you can use other varieties for a different texture. Just be sure to cook the noodles until just a few minutes shy of being done. They will continue to cook while being stir-fried.

As with all stir-fries, which by definition are cooked fast and at a high heat, it's best to prep all of your ingredients and have them near the stove before you begin cooking.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp sesame oil
- 1 small sweet onion, sliced
- 7 oz shiitake mushrooms, stems removed, thinly sliced
- 1 red bell pepper, cored and thinly sliced
- 9 1/2-oz package thick Asian-style noodles, such as udon
- 1 lb small shrimp, cooked and peeled
- 2 tbsp oyster sauce
- 3 tbsp low-sodium soy sauce
- 1 tbsp toasted sesame seeds
- 1/4 cup thinly sliced scallions

1. Bring a large saucepan of water to a boil.

2. While the water heats, in a large deep skillet or a wok over medium-high, heat the oil.

3. Add the onion and sauté for 4 minutes, or until tender. Add the mushrooms and cook for 6 to 7 minutes, or until browned and tender. Add the red pepper and cook for 2 minutes. Just after adding the red pepper to the pan, add the noodles to the boiling water. Cook for 2 minutes, or until just al dente.

4. After 2 minutes, use tongs to pull the noodles out of the boiling water and add directly to the wok. Add the shrimp, oyster sauce and soy sauce, then toss well. Cook until heated through and the noodles have finished cooking, about another 3 to 4 minutes. Toss with the sesame seeds and scallions. THE ASSOCIATED PRESS

BUILDING LASTING RELATIONSHIPS

HERZING COLLEGE TEACHES YOU RELEVANT SKILLS

ISTOCKPHOTO/THINKSTOCK

Herzing College has been providing continuing education in health care, business, technology, and law since 1970. This is the place to go if you are ready to achieve your career goals.

Herzing's programs teach you the skills for which employers are looking. They are led by instructors with industry experience — and supported by career services specialists who maintain strong ties between Herzing, internship hosts, and employers. All are driven by advisory boards made up of industry experts and employers. Should you start to struggle with your studies, Herzing College can arrange free, one-on-one tutoring, along with self-paced remedial courses in math, English and science.

This dedication to success explains why Herzing College has such a low student dropout rate. For Bill Riches, college president, that's really the whole point.

"We will educate you and work with you until you're employed in your field of study," he says. "And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing, for as long as you need it."

Building a successful relationship with students also means ensuring their education is affordable. If your finances are preventing you from pursuing the training you need, Herzing College may be able to help. Your options may include student loans, grants, or government assistance. Herzing admissions advisers can help you identify the solution that is best for you, free of charge.

For more, visit herzing.ca/winnipeg.

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RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

ISTOCKPHOTO/THINKSTOCK

CHOOSE A PATH THAT SUITS YOU

TRAIN AS AN EARLY CHILDHOOD EDUCATOR

Early childhood educators (ECEs) help young people to learn and play. Their work is a privilege and a calling. And Manitoba is one of the best places in Canada to train for it.

Many of this province's post-secondary institutions offer early childhood education training programs. Their schedules and delivery methods vary widely, giving you the flexibility to choose the training path that suits you best. If you are a working person looking for a career change, you can likely find courses offered part time, during evenings, or on weekends — whatever is required to help you meet your goal.

As a Manitoban, you will have many incentives. You will receive tuition support — up to $4,000 — toward a two-year diploma. Once you graduate, you may be eligible for a 60 per cent income tax rebate on your tuition. And Manitoba remains only the second province to offer province-wide pension retirement supports for its child-care workforce.

You can also look forward to a well-paying career in high demand. ECE IIs (professionals with an approved diploma or qualification in early childhood education) enjoy a minimum starting salary of $32,000 per year.

ECE IIIs (professionals with an approved university degree or a diploma, plus an approved continuing education certificate) can be eligible for positions that are paid even more.

ECE programs across Manitoba will be starting again this September. You can be part of one.

To find out more about your training options, and to get contact information for various schools, visit manitoba.ca/childcare.

You can also phone 204-945-0776, or toll-free, 888-213-4754.

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Network Administrator was identified by Forbes.com as the #6 Top Job of 2013.
This program is offered in partnership with Winnipeg Technical College (WTC).

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There's never been a better time to become an ECE and here's why:

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- **Tuition Fee Income Tax Rebate** – once you graduate, you may be eligible for a 60% rebate on your tuition.
- **Higher salaries** – start your career earning $32,000 when you graduate.
- **Career advancement** – increasing demand for ECEs means more opportunities for you.
- **Funding for pensions** – Manitoba is only the second province to offer province-wide pension and retirement supports for the child care workforce.

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RED RIVER COLLEGE PHOTO

QUENCH YOUR THIRST FOR ENLIGHTENMENT

RED RIVER HAS SOMETHING THAT WILL INTEREST YOU

Red River College's School of Continuing Education is offering several new courses and programs this spring.

"All of our programs are led by industry demands, so we train our students to be up-to-date on industry trends and get the hands-on training they need to succeed in their chosen fields," says Vera Godavari, spokesperson for Red River College School of Continuing Education.

Whether you are into programming, culinary arts or summer festivals, the school has something to interest you.

Starting this spring, students looking to get the most out of the summer festival season can train to be in the heart of it all, through the Manitoba security guard training program. This program will teach students the basics on how to work safely and professionally in any setting.

It is offered May 13-17 and students will complete the legally required 40 hours of training to work as a security guard in Manitoba.

If the idea of working the summer festivals piques your interest, the new wine and spirit education workshops might also interest you.

Delivered in conjunction with the college's hospitality and culinary arts programs, these workshops are held close to the action of downtown and are a perfect way to start an evening out.

Starting this month, the following classes will be held in the mixology lab in the Paterson GlobalFoods Institute (PGI) on the Exchange District Campus. Workshops include: Champagne and sparkling wine; advanced food and wine — chefs and food lovers; taking it on the gin; aperitif to dessert — wine enthusiasts; and so many ways tequila.

More workshops will be added this spring and summer, so be sure to check back regularly for more course menu offerings.

Another new addition to the already exciting course menu includes the programming for mobile devices course. You will learn the programming basics for making apps for iPhones, iPads and Macs. This course runs from April 9 to June 20.

These courses and more are available for registration now.

For more, or to download the course schedule, visit rrc.ca/coned.

REAL-WORLD, PRACTICAL KNOWLEDGE

UWINNIPEG PACE OFFERS CURRENT, TIMELY PROGRAMS

ISTOCKPHOTO/THINKSTOCK

It's never too late or too early to start thinking about continuing your education.

Starting this September, the University of Winnipeg Professional, Applied and Continuing Education (PACE) has a number of great learning options that will help you get started towards the career you always wanted.

"Programs are designed with our local job market in mind — they are timely and current," says Stevi Dram, director ICT studies at PACE.

"Students are taught skills that are in high demand by professionals who know their sectors and can relay real-world experience."

These full-time programs include educational assistant diploma, human resource, management diploma, Internet systems specialist diploma, network security diploma, police preparation diploma, project management diploma, and public relations diploma.

In about one year or less, students will be ready to walk out of the classroom and into the job market.

"In a relatively short period of time one can transform themselves into a highly skilled professional," Dram says.

"Having a university designated credential has international recognition, which means skills are very portable and identified as being of a high standard."

Dram says some of the programs are unique to PACE, like the network security diploma, which is delivered in partnership with Winnipeg Technical College.

"It is a really hot sector right now," Dram says. "There is no other program like this in Winnipeg and it is taught by industry leading professionals."

She also says the Internet systems specialist diploma is great for those looking to break into that industry.

"This program is taught by industry professionals who teach what they do for a living," Dram says.

So students of this program, and others, are getting real-world, practical knowledge of their chosen field of study.

At the end of each program, students will participate in an internship, which will round out their learning experience by connecting them with people in the industry.

"Internships are great because they give the employer a chance to try out a potential hire and the student a chance to try out their newly acquired skills and make connections in the industry," Dram says.

Applications for these full-time programs are now being accepted.

To learn more about these programs, visit PACE.UWinnipeg.ca.

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HIT THE GROUND RUNNING

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ROBERTSON COLLEGE PHOTO

Robertson College will help you start off your new career on the right foot in business or IT.

With small class sizes and hands-on learning, graduates from Robertson College are ready to hit the ground running into a new career where trained workers are in high demand.

"A diploma in business and IT-related programs are one of the most sought after diplomas at Robertson College among new students, as well as those who are already employed," says Vijay Chintamaneni, campus director of Robertson College Winnipeg.

Chintamaneni says a business or an IT graduate earns an average starting salary of $24,000 to $80,000 per annum, depending on the program and their previous education and experience.

"All programs, whether business or IT, our students are trained for basic to intermediate entry-level job positions in both private and public sector organizations," Chintamaneni says. "Robertson graduates are thoroughly prepared to meet the ever-changing market demands."

The hands-on approach to teaching provides the students with real-world experience and equips them with the skills necessary to succeed.

And in order to see their students succeed, Robertson's career services will work with them to ensure they find employment after graduation.

For more, visit robertsoncollege.com.

HEALTH-CARE WORKERS IN DEMAND

TRAIN FOR WORK IN THIS FIELD AT WINNIPEG TECH

Now is the time to start thinking about a career in the field of health-care aide.

With an aging population, health-care aides and integrated support workers are in high demand.

"The data demonstrates that there are opportunities for employment in both rural and urban settings," says Chantal Simard, dean, continuous learning and corporate programs, Winnipeg Technical College.

"Work is available in communities and in institutions, in hospitals, nursing homes, and other health-care facilities."

At Winnipeg Technical College, students can train to work in this field through either the health-care aide program or the integrated support workers program.

The integrated support workers program trains students who are looking for a challenging career to assist individuals and families to accomplish tasks of everyday living.

Integrated support workers will also assist community members, and their support network to meet their basic needs, which may include home management, personal care, family responsibilities, work management, and social and recreational activities.

The health-care aide program provides learners with the knowledge and skills necessary to provide a safe and competent standard of holistic care to hospital patients, personal care home residents, and home care clients.

The program content prepares learners to function as first-line care providers.

Graduates are part of a multidisciplinary health-care team working under the direction and supervision of nursing personnel.

Students of the health-care aide program will get an opportunity to learn hands-on through on-the-job training and experience during the work practicum placement. This placement will give them real-world experience where they will put their new skills to practice in an actual employer's facility.

Simard says many employers in this field require employees to have a Grade 12 equivalent, subject to a criminal record check and child abuse registry check, as well as immunization testing.

Both of these programs take place at the CrossRoads Learning Centre, beginning in September.

Applications are being accepted for both of these programs for their September starts. Registration for both of these programs can be made online through wtc.mb.ca.

The health-care aide program is full time for five months during the day. The integrated support worker program runs Tuesday and Thursday evenings.

For more about the health-care aide or integrated support workers programs, or any other programs available at Winnipeg Technical College, visit wtc.mb.ca.

Learn to safeguard your savings

Never, ever gamble with your nest egg. ISTOCK IMAGES

Allison on Money. With less time to recover losses, it's time to protect what you've got

YOUR MONEY
Alison Griffiths
money@metronews.ca

A Vancouver acquaintance recently told me about his financial mess. He had owned a condo, which he loved, in Vancouver near foodie heaven, Granville Island.

During the rising market he decided to buy down and put a big chunk of cash into his thin retirement savings.

The moment he put the condo up for sale last spring, the market softened. He gambled by purchasing a cheaper condo, which had just dropped significantly in price.

His reasoning was that he got such a good deal on the purchase he could afford to take less on the sale of the existing condo and still come out ahead financially.

But prices softened again and as a result he owned two condos in a falling market. Eventually he was forced to sell the condo he loved to pay for the one he didn't. Worse, he didn't pocket any additional cash. Now at the age of 59 he feels he's ruined his future.

What's the lesson here? First and foremost, protect what you've got, particularly as the years roll on, because you have less time to recover losses.

A new Investor Education Fund (getsmarteraboutmoney.ca) study showed that half of those over 50 believe they'll run out of money in the first 10 years of retirement.

It isn't easy for the average person to put together a nest egg, be it a savings account, equity in a house or business, or a pension. Never, ever gamble with your nest egg. I had a prime example of how that mindset worked growing up.

My dear departed dad wasn't a genius with money, but he had one great asset, a civil service pension. He protected it as one would a baby. Even during the family's hard times when he lost his job and subsequently returned to school, he resisted the temptation to cash it in.

Bear in mind, back in the 1970s and '80s many took pensions for granted. Cashing in didn't seem like such a big deal. Thanks to his vigilance, he ended up with a comfortable retirement even though he still had a mortgage.

Learn from my Vancouver friend and my dad. Safeguard savings or home equity and never gamble with them for any reason.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

33%

33 per cent of Canadians don't believe they have enough saved for retirement.

Life after the penny

The penny lost its shine long ago. It costs 1.6 cents to produce. ISTOCK IMAGES

Do you remember where you were on Feb. 4, 2013 when the Royal Canadian Mint (RCM) stopped issuing pennies? Perhaps you walked by one on the sidewalk but didn't bother to pick it up — to your peril. There goes your chance of having a lucky day, as the old adage goes. Oh well, it doesn't really matter now does it?

Research by Desjardins Group's economists found that maintaining the penny costs Canadians an estimated $150 million a year.

Thanks in part to this analysis, the federal government announced last year that it would withdraw the one-cent coin. Don't worry though, this definitely wasn't a case of being penny wise and pound foolish. Frankly, the penny lost its shine ages ago: it costs 1.6 cents each to produce and its purchasing power has been greatly reduced, partly because Canadians have been hoarding them for years.

By eliminating the coin, there will be a significant savings to the environment and the economy in general due to the reduction in handling costs for retailers, financial institutions and consumers.

As a result, the transition costs for the government to gradually withdraw the penny — which may be in the tens of millions of dollars over the next few years — will be minimal compared to the recurring annual savings Canadians will see down the line.

Gone but not forgotten

Although the RCM is no longer minting the penny, it will maintain its value and legal tender indefinitely. And some businesses will still accept it as a form of payment. As pennies are withdrawn from circulation, prices will be rounded to the nearest nickel for cash transactions. Non-cash transactions (debit card, credit card, prepaid card, cheque, etc.) will continue to be settled to the nearest cent.

Don't cry for the penny, it had a good run

What will the RCM do with all the lowly pennies that are returned? They will be melted down and recycled, which will create a revenue source for the government to help offset the transition costs.

Great use for your old copper

If you're the proud owner of a terrarium full of pennies and would rather not roll and return the lot to your local financial institution, consider donating them to a local charity. NEWSCANADA

Six highlights at the half

The lockout-shortened NHL season has featured several surprises as it nears the midway point — some pleasant and others downright ugly. Here's a look at some highlights of the abbreviated campaign so far.

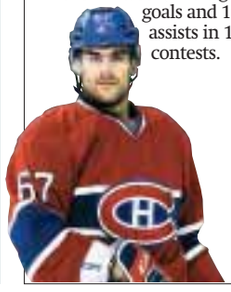
THE CANADIAN PRESS
Photos by Getty Images

Historic Hawks

The Chicago Blackhawks (19-0-3) have put together a record season-opening run after facing questions about their goaltending and character. Chicago has yet to lose in regulation. Starting goaltender Corey Crawford has posted a 1.41 goals-against average. Meanwhile, Patrick Kane ranks among the league's top scorers.

Habs holding No. 1

The Canadiens, sitting in top spot in the Eastern Conference, have made a resurgence in coach Michel Therrien's second stint behind their bench. Max Pacioretty, announced Monday as the NHL's first star of the week, has eight goals and 12 assists in 18 contests.

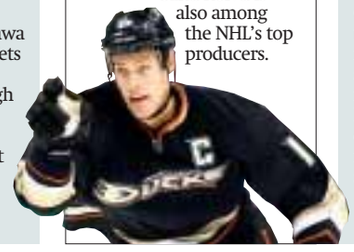


Success in Canada

Don't look now, but the Toronto Maple Leafs are sitting in the middle of the pack in the East. The Vancouver Canucks, Ottawa Senators and Winnipeg Jets are also positioned well. Ottawa is playing at a high level despite key injuries and Winnipeg is in the race to win the Southeast Division.

Ducks rejuvenated

After missing the playoffs last season, the Ducks have a firm hold on second place in the West. Coach Bruce Boudreau has made the Ducks appear mighty again. Captain Ryan Getzlaf ranks among the league's top scorers after struggling last season, and 38-year-old Saku Koivu is also among the NHL's top producers.

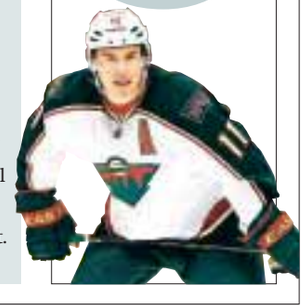


Scoring duel

Two young stars are battling for the NHL scoring lead. Pittsburgh's Sidney Crosby is clearly back in top form after missing most of the past two seasons with concussion issues. Meanwhile, Tampa Bay's Steven Stamkos is demonstrating that he will not surrender the goal-scoring title that he won last season without a fight.

Wild finding balance

The Wild have gotten back in the playoff race after adjusting to the arrival of new high-priced stars Zach Parise and Ryan Suter.



NHL

Malkin notches goal in return

Sidney Crosby and Evgeni Malkin scored less than two minutes apart in the third period and the Pittsburgh Penguins rallied past the Tampa Bay Lightning 4-3 on Monday night.

Chris Kunitz added his 12th of the season for Pittsburgh and James Neal scored an empty-net goal in the final minute as the Penguins sent the struggling Lightning to their fifth straight loss.

Malkin, making his return after missing four games due to a concussion, tied it 5:38 into the third period on a pretty breakaway. Crosby put Pittsburgh in front moments later with a slap shot from the slot that zipped past Anders Lindback and into the net.

Tampa Bay's Steven Stamkos scored twice to push his league-leading total to 17, but it wasn't enough to stop the Lightning's slide.

Marc-Andre Fleury helped shore up a leaky Pittsburgh defence by making 24 saves as the NHL's two highest-scoring teams kept things in check until the third period.

THE ASSOCIATED PRESS

NHL. Sabres' Kaleta gets 5 games for hit on Richards

The NHL suspended Buffalo's Patrick Kaleta for five games Monday, its stiffest punishment of the season.

The Sabres forward shoved Rangers centre Brad Richards from behind and into the boards on Sunday night.

The suspension will cost the gritty right-winger more than $72,000 in salary, and he won't be eligible to return until March 17, when the Sabres play at Washington.

The ruling came down a day after Kaleta blindsided Richards in the back and sent him sliding headfirst into the boards in the third period of Buffalo's 3-2 shootout loss at New York. Kaleta was assessed a major penalty for boarding and a game misconduct, which resulted in an automatic review by the league's department of player safety.

In reviewing the play on a video posted on the league's website, NHL disciplinarian Brendan Shanahan noted Kaleta shoved a defenceless player from behind. He added, "Kaleta is in full control of this play, and has ample opportunity to make a better decision."

Shanahan took into account that Richards was shaken up, but returned soon after. He also noted Kaleta had been suspended twice before in his career. THE ASSOCIATED PRESS

Patrick Kaleta of the Buffalo Sabres hits New York Rangers centre Brad Richards from behind on Sunday in New York. Kaleta was suspended five games for the hit by the NHL on Monday. BRUCE BENNETT/GETTY IMAGES

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	44	14	.759	—
Indiana	38	22	.633	7
New York	36	21	.632	7 1/2
Atlanta	33	25	.569	11
Chicago	34	26	.567	11
Brooklyn	34	26	.567	11
Boston	31	27	.534	13
Milwaukee	29	28	.509	14 1/2
Philadelphia	23	35	.397	21
Toronto	**23**	**37**	**.383**	**22**
Detroit	23	39	.371	23
Cleveland	20	40	.333	25
Washington	19	39	.328	25
Orlando	16	44	.267	29
Charlotte	13	46	.220	31 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	47	14	.770	—
Oklahoma City	43	16	.729	3
L.A. Clippers	43	19	.694	4 1/2
Memphis	39	19	.672	6 1/2
Denver	38	22	.633	8 1/2
Golden State	33	27	.550	13 1/2
Utah	32	27	.542	14
Houston	33	28	.541	14
L.A. Lakers	30	30	.500	16 1/2
Portland	27	31	.466	18 1/2
Dallas	26	33	.441	20
Minnesota	20	37	.351	25
Phoenix	21	39	.350	25 1/2
New Orleans	21	39	.350	25 1/2
Sacramento	21	40	.344	26

Note: division leaders ranked in top three positions regardless of winning percentage.

MONDAY'S RESULTS
New York 102 Cleveland 97
Miami 97 Minnesota 81
Utah at Milwaukee
Orlando at New Orleans
Atlanta at Denver
Charlotte at Portland
Toronto at Golden State
SUNDAY'S RESULTS
Miami 99 New York 93
Oklahoma City 108 L.A. Clippers 104
Memphis 108 Orlando 82
Sacramento 119 Charlotte 83
Washington 90 Philadelphia 87
San Antonio 114 Detroit 75
Houston 136 Dallas 103
Indiana 97 Chicago 92
L.A. Lakers 99 Atlanta 98
TUESDAY'S GAMES — All Times Eastern
Boston at Philadelphia, 7 p.m.
L.A. Lakers at Oklahoma City, 9:30 p.m.
Denver at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	23	15	8	0	81	67	30
New Jersey	22	10	7	5	54	60	25
Philadelphia	23	11	11	1	66	68	23
NY Rangers	20	10	8	2	51	51	22
NY Islanders	22	9	11	2	64	75	20

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	22	14	4	4	68	53	32
Boston	19	14	3	2	57	42	30
Toronto	23	14	9	0	68	57	28
Ottawa	23	12	7	4	52	44	28
Buffalo	23	9	12	2	60	73	20

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	21	12	8	1	63	59	25
Winnipeg	21	10	10	1	55	64	21
Tampa Bay	22	9	12	1	76	71	19
Washington	20	8	11	1	55	59	17
Florida	22	6	11	5	55	82	17

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	19	0	3	70	41	41
St. Louis	21	11	8	2	60	61	24
Detroit	22	10	8	4	61	59	24
Nashville	22	9	8	5	46	54	23
Columbus	22	6	12	4	49	66	16

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	21	11	6	4	61	58	26
Minnesota	21	11	8	2	49	51	24
Calgary	20	8	8	4	57	68	20
Colorado	20	8	8	4	50	60	20
Edmonton	21	8	9	4	51	58	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	3	2	71	55	32
San Jose	20	10	6	4	47	44	24
Dallas	22	11	9	2	61	63	24
Phoenix	21	10	8	3	62	59	23
Los Angeles	19	10	7	2	49	47	22

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS
Toronto 4 New Jersey 2
Pittsburgh 4 Tampa Bay 3
Anaheim at Phoenix
Nashville at Los Angeles
SUNDAY'S RESULTS
Chicago 2 Detroit 1 (SO)
NY Islanders 3 Ottawa 2 (SO)
Columbus 2 Colorado 1 (OT)
Dallas 4 St. Louis 1
Carolina 3 Florida 2
NY Rangers 3 Buffalo 2 (SO)
Montreal 4 Boston 3
Minnesota 4 Edmonton 2
Calgary 4 Vancouver 2
TUESDAY'S GAMES — All Times Eastern
Montreal at NY Islanders, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Buffalo at Carolina, 7 p.m.
Edmonton at Columbus, 7 p.m.
Colorado at Detroit, 7:30 p.m.
Philadelphia at NY Rangers, 7:30 p.m.
Winnipeg at Florida, 7:30 p.m.
Minnesota at Chicago, 8:30 p.m.
San Jose at Vancouver, 10 p.m.
St. Louis at Los Angeles, 10:30 p.m.

MAPLE LEAFS 4, DEVILS 2

First Period
1. Toronto, Kadri 9 (Macarthur, Komarov) 10:34
Penalties — McLaren Tor (Boarding) 2:36, Clarkson NJ (Interference) 7:28, Ponikarovsky NJ (Slashing) 11:29.
Second Period
2. New Jersey, Zidlicky 2 (Carter) 5:43
3. New Jersey, Zidlicky 3 (Carter) 11:18
Penalties — Franson Tor (Interference) 17:38.
Third Period
4. Toronto, McClement 3 (Unassisted) :39
5. Toronto, Macarthur 6 (Kadri, Franson) 7:25 (pp)
6. Toronto, Kessel 5 (van Riemsdyk, Gunnarsson) 9:52
Penalties — Matteau NJ (Hooking) 1:56, Loktionov NJ (Tripping) 7:17, Bozak Tor (Hooking) 14:52, Kadri Tor (Freezing the Puck) 19:47.
Shots on goal:

New Jersey	**8**	**10**	**12—30**
Toronto	**5**	**5**	**13—23**

Goal — New Jersey: Hedberg (L, 2-5-2). Toronto: Reimer (W, 8-3-0).
Power plays (goal-chances) — New Jersey: 0-4. Toronto: 1-4.
Referees — Tom Kowal, Wes McCauley.
Linesmen — Mark Shewchyk, David Brisebois.
Att. — 19,435 (Air Canada Centre).

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Whatever goes missing from your life today is something you can well do without, so wave it a fond farewell and turn your attention to more urgent matters.

♉ Taurus
April 21 - May 21
A barrier of some kind may be imposing but you can find a way around it if you try. Stay calm, be patient and look for the key in areas you would not usually consider — that's where it's most likely to be.

♊ Gemini
May 22 - June 21
Do you listen to a friend's advice or do you listen to an expert stranger? Maybe it would be better if you listened to no one's advice but your own. What does your inner voice tell you? Act on it.

♋ Cancer
June 22 - July 23
Be blunt with a partner who is clearly taking liberties. You may not want to hurt their feelings but it would appear they are too thick-skinned to take a subtle hint — so give it to them straight.

♌ Leo
July 24 - Aug. 23
Don't choose the easy option today just because it seems quicker. Appearances can be deceptive and you may wish you had taken more care, devoted more time and done a proper job the first time.

♍ Virgo
Aug. 24 - Sept. 23
Raise your game today. You may not be the most outgoing of people but you have what it takes to make a name for yourself. Over the next 24 hours, you'll get the chance to shine. Don't waste it.

♎ Libra
Sept. 24 - Oct. 23
No matter how busy you may be, you must make time for partners and loved ones. Someone close is desperate for your attention, so put aside what you are doing and let them know you still care.

♏ Scorpio
Oct. 24 - Nov. 22
Something you say could be taken the wrong way and provoke a reaction. This is the kind of situation that could escalate rapidly, so it might be wise just to apologize.

♐ Sagittarius
Nov. 23 - Dec. 21
Your instincts should be telling you that the best way to deal with a difficult situation is to leave well alone. That applies especially to ego clashes.

♑ Capricorn
Dec. 22 - Jan. 20
An important relationship may be under some stress but don't worry about it. The planets suggest that everything will work out for the best in the end, so forget it and focus on more enjoyable things.

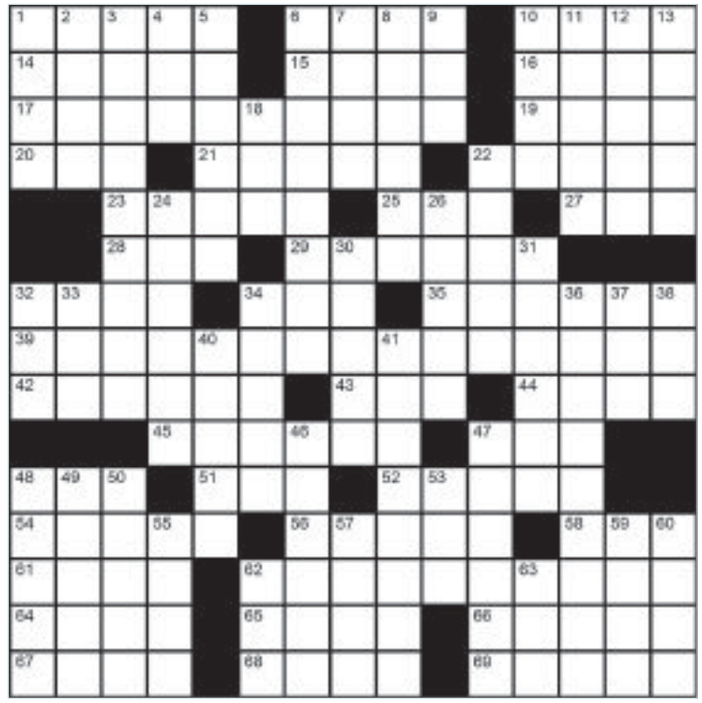
♒ Aquarius
Jan. 21 - Feb. 19
There are so many things you want to do yet so few things you can do, which is no doubt frustrating. Your time will come, so stick with it. As always, everything will change when you least expect it to.

♓ Pisces
Feb. 20 - March 20
Why are you tempted to grab what you can and make a run for it? Maybe it's because you can sense that time is winding down and if you don't do something soon the chance may pass you by. Maybe you're right.

SALLY BROMPTON

Crossword: Canada Across and Down

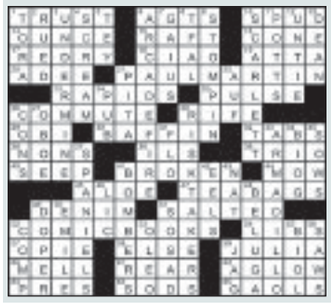
BY KELLY ANN BUCHANAN



Across
1. Most read national daily newspaper in Canada
6. Noon: French
10. Red Serge force, commonly
14. Love: French
15. Gulf of __ (between Somalia and Yemen)
16. Eurythmics' "Would _ __ to You?"
17. Big screens at sporting events
19. Mr. MacDermot (Canadian composer of Hair)
20. Beast of burden
21. "Push" band from Vancouver
22. __ and Shuster
23. "Have _ __." (Relax)
25. __ _ disadvantage
27. Church speech, for short
28. Intl. commerce group
29. "Where's that map?!": 2 wds.
32. "...so long __ __ both shall live?"
34. Granny: German
35. Pineapple: French
39. Toronto's plays/musicals area: 2 wds.
42. Toronto's St. Lawrence __
43. 0 Meridian letters
44. Company dept. heads
45. Lug along, variantly
47. "Go team!"
48. Reserved
51. Bien __, Vietnam
52. Pilot's button
54. Poet W.B.
56. Nobleman
58. Antonio's "Evita" (1996) role
61. Old Scandinavian symbol
62. In Ontario on Lake Huron, it's the world's biggest lake island
64. Pottery pieces
65. Volcano in Sicily
66. Downloaded-from-Apple song
67. Shar-__ (Some dogs)
68. Lang. of Rome
69. Concrete-strengthening rod

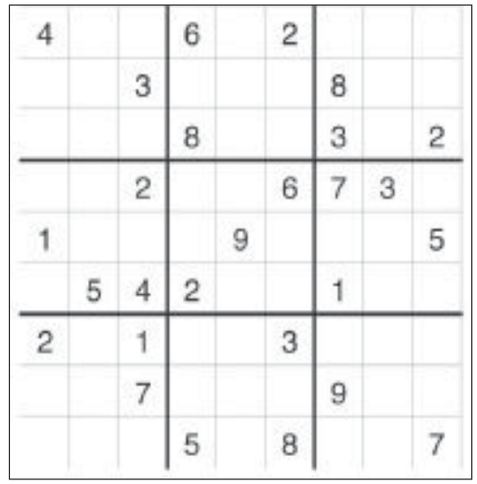
Down
1. Goya painting, The Naked __
2. Ostrich-like birds
3. Rush song: 2 wds.
4. Chafe
5. "_ __..." (Start of Juliet's famous line)
6. __ Provinces
7. Wedding vows: 2 wds.
8. __ floss
9. Advantages
10. Latvia's capital
11. Singer Mr. Aiken's
12. Author A.A.
13. __, Paul and Mary
18. "Prelude __ _ Kiss"
22. "Hmmm, I __ aware of that."
24. Grill servings
26. Breakfast serving
30. Madonna's nickname
31. Runway surface
32. Li'l bank-in-the-wall
33. Doo-Wop music syllable
34. Prefix to 'dontist' (Braces giver)
36. Bouncer's workplace
37. SNL or NASA, e.g.
38. Haloed humans, for short
40. Comp. help givers
41. 'I' of CIBC
46. Canadian brewer
47. Impressionist painter
48. Maple product
49. "Quelle __ est-il?" (What time is it?)
50. New Age musician
53. Quickly write down
55. D'Urbervilles heroine
57. Tolstoy's __ Karenina
59. Susan Aglukark's "__ Na Ho (Celebration)"
60. Vitality [abbr.]
62. "Help __ _ think I'm falling..." - Joni Mitchell
63. 'Comp' completer (Calculate)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



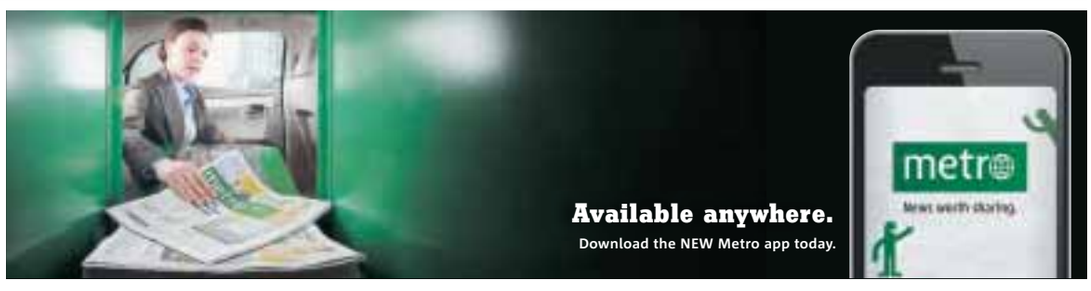
Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -8° MIN: -10°	MAX: -9° MIN: -13°	MAX: -4° MIN: -11°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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